

A Compendium of Evidence-Based Behavioral Health Programs Listed by Prevention Level: Indicated, Selective, Universal

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Table 4.9. Compendium of Evidence-Based Behavioral Health Programs Listed on any of Five Sources by Prevention Level (Indicated, Selective, and Universal).

	Prevention Level / Focus	List Cited	School, Community, Or Both	Age Range*	Length of Program ⁺	Family Component (Y/N)	Teacher Component (Y/N)	Benefit – Cost Estimate per youth
Indicated (17 programs)								
	Social / Emotional							
1	Brief Strategic Family Therapy	A	C	6 – 17 yrs	8 – 12 weeks	Y	N	---
2	Counselors Care (C-CARE) and Coping and Support Training (CAST)	B	S	14 -18 yrs	2 hours (C-CARE) 6 weeks (CAST)	N	N	---
3	Early Risers: Skills for Success	A	B	6 – 10 yrs	3 years	Y	N	---
4	Family Effectiveness Training	A	C	6 – 12 yrs	13 weeks	Y	N	---
5	Multidimensional Treatment Foster Care	C, D	B	12 -18 yrs	Avg. stay 7 months	Y	N	\$24,290
6	Queensland Early Intervention and Prevention of Anxiety Project	B	S	7-14 yrs	10 weeks	Y	N	---
	Substance Abuse							
7	Multidimensional Family Therapy	A	C	11 – 18 yrs	Avg. of 4 months	Y	N	---
8	Not on Tobacco	A	B	12 – 24 yrs	10 weeks	N	N	---
9	Project EX	A	S	14 – 19 yrs	6 weeks	N	N	---
10	Reconnecting Youth	A	S	14 – 18 yrs	One semester	Y	Y	---
	Violence / Aggression							
11	Adolescent Transitions Program (ATP)	B	C	10 – 14 yrs	12 weeks	Y	N	\$1,938
12	Anger Coping Program	B	S	9 – 12 yrs	12 – 18 weeks	N	N	---
13	Attributional Intervention (Brainpower Program)	B	S	10 – 12 yrs	6 weeks	N	N	---
14	Earls court Social Skills Group Program	B	S	6 – 12 yrs	12 – 15 weeks	Y	Y	---
15	Montreal Longitudinal Experimental Study	B	B	7 – 9 yrs	Two years	Y	N	---
16	Multisystemic Therapy (MST)	A, C	C	12 – 17 yrs	Avg. of 4 months	Y	N	\$9,316
17	Peer Coping Skills Training	B	S	6 – 12 yrs	Approx. 22 weeks	N	Y	---
Indicated / Selective (11 programs)								
	Social / Emotional							
18	Incredible Years	A, C	S	2 – 8 yrs	Up to 22 weeks	Y	Y	---
19	Families and Schools Together (FAST)	A	C	4 – 12 yrs	8 – 12 weeks	Y	N	---
	Substance Abuse							
20	CASASTART (Striving Together to Achieve Rewarding Tomorrows)	A, D	C	8 – 13 yrs	Up to 2 years	Y	N	(\$610)
21	Leadership and Resiliency Program (LRP)	A	B	14 – 17 yrs	Up to 4 years	N	N	---
22	Parenting Wisely	A	C	9 – 18 yrs	Self-administered	Y	N	---
23	Project Success	A	C	14 – 18 yrs	8 – 12 sessions	Y	N	---
24	Residential Student Assistance Program	A	C	14 – 17 yrs	5 – 24 weeks	N	N	---
	Violence / Aggression							
25	FAST Track	B	S	6 – 12 yrs	School Year	Y	N	---
	Trauma							

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26	Cognitive Behavioral Therapy for Child Sexual Abuse	A	C	3 – 18 yrs	12 sessions	Y	N	---
27	Trauma Focused Cognitive Behavior Therapy	A	C	3 – 18 yrs	12 - 16 weeks	Y	N	---
	Healthy Babies							
28	Nurse-Family Partnership Program	A, C	C	0 – 3 yrs	Up to 2 years	Y	N	\$17,180
Selective (14 programs)								
	Social / Emotional							
29	Across Ages	A	B	9 – 13 yrs	Continuous	Y	N	---
30	PENN Prevention Program	B	C	10 – 13 yrs	12 weeks	N	N	---
31	Primary Mental Health Project	B	S	4 – 10 yrs	School Year	N	N	---
32	Stress Inoculation Training I	B	S	16 – 18 yrs	13 sessions	N	N	---
33	Stress Inoculation Training II	B	S	13 – 18 yrs	8 sessions	N	N	---
	Aggression / Depression							
34	Coping with Stress Course	B	S	13 – 18 yrs	15 sessions	N	N	---
35	First Step to Success	B	B	4 – 5 yrs	Approx. 3 months	Y	Y	---
36	Functional Family Therapy	C	C	11 – 18 yrs	8 – 26 hours	Y	N	\$26,216
37	Social Relations Program	B	S	10 – 11 yrs	School Year	N	N	---
	Trauma							
38	Children in the Middle	A	C	3 – 12 yrs	2 – 4 months	Y	N	---
39	Children of Divorce Intervention Program (CODIP)	B	S	8 – 15 yrs	9 – 16 sessions	N	N	---
40	Children of Divorce Parenting Program	B	C	8 – 15 yrs	12 sessions	Y	N	---
41	Family Bereavement Program	B	C	7 – 17 yrs	15 sessions	Y	N	---
	Mentoring							
42	Big Brothers/Big Sisters	B, C	C	5 – 18 yrs	One year or longer	N	N	\$48-\$2,822
Selective /Universal (9 programs)								
	Social / Emotional							
43	Dare to be You ¹	A	B	2 – 5 yrs	12 weeks and boosters	Y	Y	---
44	Project Achieve	A	S	4 – 14 yrs	3 years	Y	Y	---
45	SAFE Children: Schools and Families Educating Children	A	B	4 – 6 yrs	20 weeks	Y	N	---
46	Strengthening Families Program	A	C	6 – 12 yrs	7-14 weeks and boosters	Y	N	---
	Substance Abuse							
47	All Stars	A	B	11 – 14 yrs	9 – 13 weeks	Y	Y	\$120
48	Keepin' It REAL	A	S	10 – 17 yrs	10 lessons and booster	N	Y	---
49	Project ALERT	A, D	S	11 – 14 yrs	11 weeks and boosters	N	Y	\$54
50	Project Toward No Drug Abuse	A, C	S	14 – 19 yrs	4 – 6 weeks	N	Y	---
	Aggression							

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51	Olweus Bullying Prevention Program	A, C	S	6 – 18 yrs	School Year	N	Y	---
Universal (39 programs)								
	Social / Emotional							
52	AI's Pals: Kids Making Healthy Choices	A	B	3 – 8 yrs	23 weeks	Y	Y	---
53	Caring School Community	E	S	5 – 12 yrs	School Year	Y	Y	---
54	Child Development Project	A, B	S	5 – 12 yrs	Up to 3 years	Y	Y	\$432
55	Families that Care: Guiding Good Choices	A	C	8 – 13 yrs	5 – 10 weeks	Y	N	\$6,918
56	Good Behavior Game	B	S	5 - 7 yrs	2 years	N	Y	\$196
57	High/Scope Educational Approach for Pre-School & Primary Grades	A, E	S	3 – 5 yrs	School Year	Y	Y	---
58	Improving Social Awareness – Social Problem Solving	B	S	8 – 14 yrs	School Year	N	Y	---
59	Life Skills Training	A, C, D, E	S	11 – 16 yrs	3 years	N	Y	\$717
60	Linking the Interests of Families and Teachers (LIFT)	B	S	6 – 11 yrs	10 weeks	Y	Y	---
61	Lions Quest Skills Series	A, E	S	6 - 18 yrs	Multiyear	Y	N	---
62	PATHS: Promoting Alternative Thinking Strategies	A, B, C, E	S	5 – 12 yrs	5 years	Y	Y	---
63	Positive Youth Development Program	B	S	11 – 14 yrs	15 weeks	N	N	---
64	School Transitional Environment Project (STEP)	B	S	Transitioning students	School Year	N	Y	---
65	Seattle Social Development Project	B	S	6 - 12 yrs	School Year	Y	Y	\$9,837
66	Skills, Opportunities, And Recognition (SOAR)	E	S	6 – 12 yrs	Multiyear	Y	Y	---
67	Social Decision Making and Problem Solving Program	E	S	6 – 12 yrs	25-40 lessons per year	N	Y	---
68	Suicide Prevention Program I	B	S	12 - 14 yrs	12 weeks	N	N	---
69	Suicide Prevention Program II	B	S	16 – 17 yrs	7 weeks	N	N	---
	Substance Abuse							
70	Athletes Training and Learning to Avoid Steroids (ATLAS)	A, D	S	13 - 19 yrs	10 sessions	Y	Y	---
71	Class Action	A	S	14 – 18 yrs	8-10 weeks	Y	Y	---
72	Communities Mobilizing for Change on Alcohol	A	B	13 -20 yrs	Continuous	N	N	---
73	Family Matters	A	C	12 – 14 yrs	3 months	Y	N	\$1,092
74	Keep a Clear Mind	A	S	8 – 12 yrs	4 weeks	Y	Y	---
75	Midwestern Prevention Project	C	B	12 – 18 yrs	5 years	Y	Y	---
76	Project Northland	A, D	S	10 – 14 yrs	3 years	Y	Y	\$1,423
77	Project TNT: Towards No Tobacco Use	A, D	S	11 - 14 yrs	10 days and boosters	N	Y	\$274
78	Project Venture	A	B	11 - 15 yrs	Continuous	N	Y	---
79	Protecting You/Protecting Me	A	S	6 – 11 yrs	5 years	N	Y	---
80	Start Taking Alcohol Risks Seriously (STARS) for Families	A	B	11 – 14 yrs	5 – 10 weeks	Y	N	(\$18)
81	The Strengthening Families Program: For Parents and Youth	A, D	C	10 – 14 yrs	7 weeks and booster	Y	N	\$5,805

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82	Too Good For Drugs	A	S	5 – 18 yrs	School year	Y	Y	---
	Aggression / Violence							
83	I Can Problem Solve (ICPS)	B, E	S	4 – 12 yrs	School Year	Y	Y	---
84	Responding in Peaceful and Positive Ways (RIPP)	A, B, E	S	12 – 14 yrs	3 years	N	Y	---
85	Safe Dates	A	S	12 – 18 yrs	9 sessions	Y	Y	---
86	Second Step: A Violence Prevention Program	A, B, E	S	4 – 14 yrs	15 to 30 weeks	Y	Y	---
87	SMART Team: Students Managing Anger and Resolution Together	A	S	11 – 15 yrs	8 computer modules	N	Y	---
88	Teaching Students to be Peacemakers	A	S	5 – 14 yrs	School Year	N	Y	---
89	Too Good for Violence	A	S	5 – 18 yrs	School Year	N	Y	---
	Health Promotion							
90	Know Your Body	E	S	6 – 12 yrs	School year	Y	Y	---
Universal/ Selective/Indicated (2 programs)								
91	Creating Lasting Family Connections (CLFC)	A	C	11 – 15 yrs	20 weeks	Y	N	---
92	Positive Action	A	S	5 – 18 yrs	School Year	Y	Y	---

[†] This is a different program than D.A.R.E. (Drug Abuse Resistance Education)

* Programs reporting grades were converted to the approximate age of student in each grade level

⁺ Sessions generally last 40 minutes to 1 hour

Codes for which list the program was cited:

A = SAMHSA: <http://www.modelprograms.samhsa.gov>

B = Penn State: <http://www.prevention.psu.edu/pubs/docs/CMHS.pdf>

C = CSVP: <http://www.colorado.edu/cspv/blueprints/>

D = USDOE: <http://www.ed.gov/admins/lead/safety/exemplary01/exemplary01.pdf>

E = CASEL: http://www.casel.org/projects_products/safeandsound.php